



IN THIS ISSUE:

Take your health assessment and win great prizes!

12 Weeks to a Healthier Diet

Take your health assessment and win great prizes!

There are several opportunities to win.

- 1** Be one of the first 5,000 UnitedHealthcare members to take your online health assessment on January 10 or after and receive a \$50 gift card. Winners will be notified by mail on or before January 31 along with instructions on how to redeem the gift card. Only winners will be notified.
- 2** Take your online health assessment anytime between 1/1/09 and 12/31/09 and you will be automatically entered into the monthly raffle for great prizes. One first, second and third place winner will be chosen each month. Winners will be notified by phone.
- 3** Take your online health assessment anytime between 1/1/09 and 11/30/09 and you will be automatically entered into the grand prize drawing to occur in December. Winner will choose from one of three prizes including free groceries for a year, home gym or wellness weekend (cooking classes and spa service included).

HRA Members: Take your health assessment and get your annual wellness exam from a network provider and earn an additional \$125 in your HRA.

Visit myuhc.com/groups/gdch for more details, health assessment instructions and complete prize list.



Snacks or mini-meals eaten throughout the day will help keep you fueled and prevent you from becoming over hungry.

12 Weeks to a Healthier Diet

Does your New Year resolution include a healthier you? Changing behaviors can seem overwhelming especially if you try to change everything at once. Try to make small changes to your diet each week. By the end of 12 weeks, you'll be eating healthier and may even lose a few pounds along the way.

| | Strategies | Rationale |
|--------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 1 | Give up full calorie beverages | The calories in sodas, sweet tea, juice drinks, sports drinks and other beverages can really add up. Plus, many of these beverages have few nutrients. Switch to low- or no- calorie beverages such as diet beverages or water. |
| Week 2 | Eat breakfast | Not eating for long periods of time can slow down your metabolism. That means you will burn fewer calories throughout the day. Eating breakfast will help jump start your day. |
| Week 3 | Decrease your portion sizes | Portion sizes have dramatically increased in the past 20 years. Larger portions mean more calories. One of the best ways to decrease your total calories is to eat smaller portions. |
| Week 4 | Add a mid-afternoon snack | Eating smaller meals and snacks throughout the day can help you from getting over hungry. |
| Week 5 | Eat a fruit and/or vegetable at every eating occasion | Eating a diet high in fruits and vegetables has been shown to reduce the risk of many chronic conditions such as diabetes, heart disease and some forms of cancer. Adding fruit and vegetables to every meal will make it easier to get the recommended daily amount. |
| Week 6 | Limit fast food to no more than twice a week | Although convenient, many fast food choices contain high amounts of sodium, cholesterol and fat. Look for healthier options when you do eat fast food including baked chicken dishes or salads. Also remember to keep portion sizes small. |

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| | Strategies | Rationale |
|---------|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 7 | Choose whole grains | Whole grains contain fiber, which takes longer to digest. This can help you feel full for longer periods of time. |
| Week 8 | Switch to low-fat dairy | Dairy foods are a great source of calcium, but the full fat varieties are high in saturated fat. Reduce calories by choosing lower fat varieties. |
| Week 9 | Pack your lunch at least 2 days a week | It is hard to know what ingredients are in foods when we eat out. Preparing and packing your food allows you to control what you're eating. Plus, you may even save some money. |
| Week 10 | Go vegetarian at least once per week | Vegetarian meals can help you cut calories and saturated fat and possibly increase your intake of fiber, vitamins and minerals. |
| Week 11 | Eliminate trans fat from your diet | Trans fats, found in many processed foods and baked goods, have been linked to heart disease. Read the nutrition labels to choose foods that contain no trans fat and no partially hydrogenated oils. |
| Week 12 | Eat regularly timed meals and snacks | Snacks or mini-meals eaten throughout the day will help keep you fueled and prevent you from becoming over hungry. |

Portion sizes

Over the past 40 years, portion sizes have dramatically increased. A typical cheeseburger had about 300 calories years ago. Today's cheeseburgers can have 600 calories or more. Try these tips to help keep your portion size in check:

- Use smaller plates, bowls, and glasses at home
- Don't go back for seconds
- Look for foods packaged in individual servings
- Eat only half of restaurant size portions and take the rest home
- Order kid-sized portions when available



Healthy on-the-go snacks

- Granola bars
- Light cheese sticks
- Popcorn
- Mixed nuts or trail mix
- Individual packed whole-wheat crackers
- Whole fruit such as apples, pears, oranges and bananas

Sometimes it's difficult to know the right portion size. Use these everyday items to help you approximate a serving.

Deck of Cards = 3 ounce serving of meat

Checkbook = 3 ounce serving of fish

Four dice = 1 ounce of cheese

Baseball = 1 serving of fruits or vegetables

Golf ball = 2 Tablespoons of peanut butter

Tennis ball = cup of rice or pasta

Medium fist = 1 cup of cereal

Whole Grain Examples

- Whole wheat pasta
- Brown rice
- Whole grain bread
- Oatmeal
- Bulgar
- Buckwheat pasta
- Whole grain cornmeal
- Whole grain cereal
- Quinoa

Be sure to read the labels because not all brown bread is whole wheat. Many breads are made from enriched wheat flour, which is not a whole grain. Instead, look for whole wheat flour as the first ingredient on the label.



Nurseline:
866-696-5846

Looking for ways to **save** money?

Make sure you get the appropriate treatment of care. Trips to the emergency room for colds and flu cost you a lot more than a visit to an urgent care center or convenient care clinic.

Not sure what type of treatment is best? Call NurseLineSM. Available 24 hours a day, 7 days a week, nurses can help you make smart health care decisions. One toll free number connects you with a registered nurse who can assist you and your family with a wide range of health care questions and concerns.

NurseLine nurses are an excellent resource when you need help choosing care, managing a chronic condition, understanding treatment options and more.

“My baby has a temperature of 102 degrees. It’s midnight. What do I do?”

“I have diabetes and my blood sugar is really high. How can better manage my condition and stay healthy?”

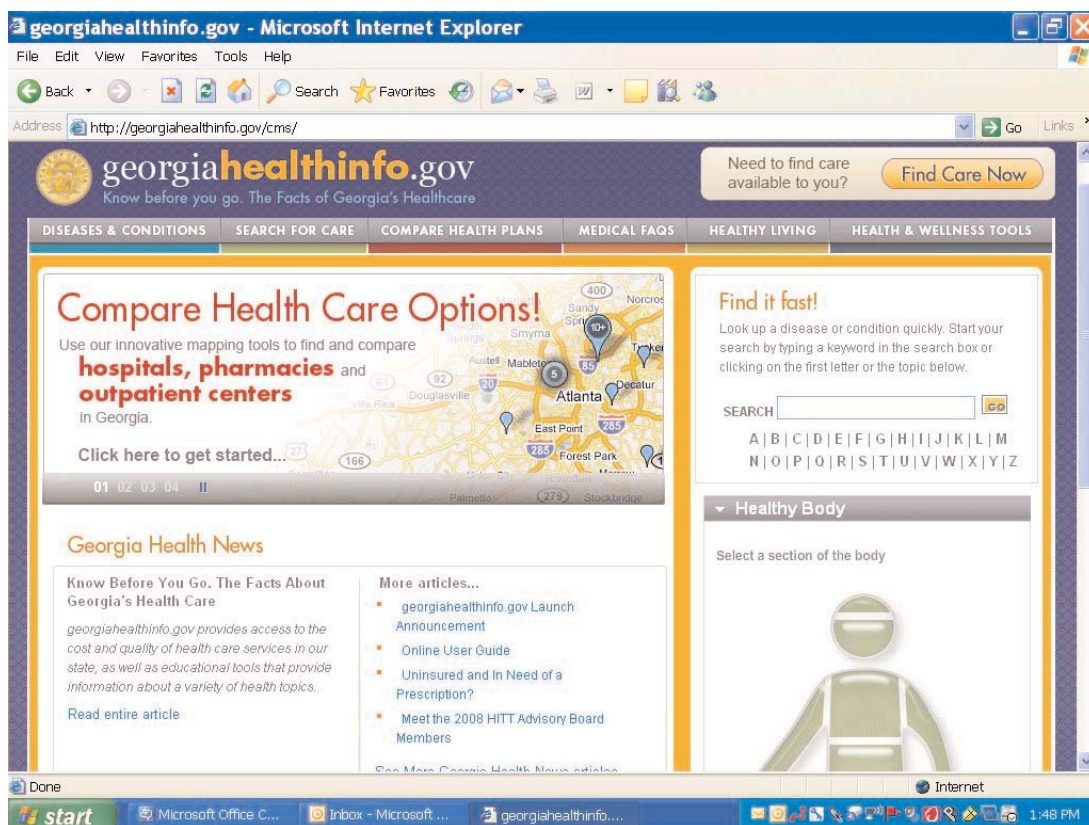
“My child was just diagnosed with asthma. Where can I find information and resources? Is there a doctor in my area that specializes in asthma?”

| | Free NurseLine | \$ Convenient clinic <small>(located in some pharmacies)</small> | \$ Physician services | \$\$ Urgent care | \$\$\$ Emergency room |
|------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------|----------------------------------------|
| Availability | Available 24 hours a day, 7 days a week | Available extended hours & weekends | Generally available during normal business hours | Available extended hours & weekends | Available extended hours & weekends |
| Service Example | First aid, determining best treatment option, health education, provider search | Colds, flu, quick services | Preventive services, management of acute and chronic conditions | Sprains, strains, sutures | Complex-chest pain, trauma |



New health care web site

Taking control of your health care decisions is as easy as 1, 2, 3. The Georgia Department of Community Health launched a health care consumer Web site called georgiahealthinfo.gov in December. The Web site provides information on quality and cost of care, and the availability of services across Georgia. The Web site can be used as a planning tool to gather information about elective procedures, diagnostic tests, health care facilities with specialty services, and prescription costs. The site incorporates health, wellness, prevention and disease content from MayoClinic.com. Simply log onto georgiahealthinfo.gov to learn about health care options in Georgia, compare prescription costs, quality of hospitals and discover articles and tips for healthier living.



Please visit

www.dch.georgia.gov/shbp_plans

to view current issues of this publication.

Important contact information

Where to go when you want information

myuhc.com Personalized tools, information and answers for managing your health care. Log on anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

www.liveandworkwell.com An informative Web site with a behavioral health clinician directory, comprehensive health articles, tools and more.

NurseLine Services: 866-696-5846. Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library.

Care CoordinationSM Refer to the customer service phone number on the back of your ID card.

Definity HRA: 800-396-6515

PPO: 877-246-4189

Choice HMO: 866-527-9599

High-Deductible Health Plan: 877-246-4195

Retirees: 877-246-4190

For any claims or benefit-related questions or issues, please call the customer service number on the back of your card.

The Connection will be made available monthly at the myuhc.com site (www.myuhc.com/groups/gdch) and at www.dch.georgia.gov/shbp_plans to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefit Plan.

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UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

Insurance coverage provided by or through United HealthCare Insurance Company. Health Plan coverage provided by or through United HealthCare of Georgia, Inc.

Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form that is available online at **www.dch.georgia.gov/shbp_plans**. Forms should be completed and returned to your payroll location benefit manager.

For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card or Social Security number
 - Current address
 - New address
 - Telephone number
 - Signature authorizing the address change

Retirees mail to:

State Health Benefit Plan
P.O. Box 38342
Atlanta, GA 30334

